

Participants in Northampton Senior Services Programs & Services MUST have a NSS Scan Card

April Artist - Elaine Darr-Morton will be displaying her exhibit beginning Tuesday, May 3 during regular hours. Elaine will have a reception on Tuesday, May 10 at 7:30 pm to view her exhibit and chat with her. There will be light refreshments

Call the Senior Center at 413-587-1228 to make appointments or register for the events that need pre-registration or come to the Senior Center, 67 Conz St. **TRIPS & TRAVEL PAYMENT DEADLINES -**
Thurs. May 5th for Ogunquit Trip
Mon. May 23rd for FDR Trip

BEING MORTAL - Wednesday, May 18th at 7:00 pm. A screening of the Frontline documentary "Being Mortal." The documentary follows Dr. Atul Gawande as he explores the relationships doctors have with patients who are nearing end of life. Nurse Sharon Ashton will lead a discussion after the film. FREE with a scan card.

MOTHER'S DAY - Friday, May 6th from 9:00 am - 11:00 am. Celebrate Mother's Day at Northampton Senior Services! Enjoy a complimentary facial and refreshments sponsored by Linda Manor Extended Care Facility. Free for all seniors with a scan card. Pre-Registration is requested.

SHRED DAY - You may already be aware that on Saturday, May 7th from 9:00 am - 12:00 pm (rain or shine) Northampton Senior Services & Senior Center located at 67 Conz Street, Northampton, MA, will be holding their Shred Day Fundraiser. This fundraiser has shredding services provided by Valley Green Shredding of Westfield, MA. All proceeds benefit the program, services and initiatives of Northampton Senior Services & Senior Center. The cost for shredding is \$5. per box/bag (paper bags and regular boxes).

New Programs and Presentations this month

ARTIST RECEPTION - Tuesday, May 10 from 7:30 pm - 8:45 pm. Join May's artist of the month Elaine Darr-Morton for a reception and viewing of her art exhibit. Light refreshments will be served.

14th ANNUAL HEALTH & SAFETY FAIR - Thursday, May 12th from 10:00 am - 2:00 pm. The Northampton Senior Center welcomes over 65 exhibitors to the Senior Center or come browse and gather information on health & safety for seniors and more. This event is open to the public.

MONDAY MOVIE MADNESS - Monday, May 16th at 1:30 pm, May's movie is "Brooklyn" in the Great Room. Free to seniors with scan cards

AUTHOR OF THE MONTH - Tuesday May 17th, at 1:00 pm, Author of the Month presentation by author Peggy Winnett and enjoy reading from her book "Silent's Teacher" FREE with a scan card.

IS SOLAR RIGHT FOR YOU? Free informational session on Wednesday, May 18th at 10:00 am. Join Laura Biddulph, solar energy consultant, for a down to earth overview of the facts on going solar.

IS YOUR CAR TALKING TO YOU? WHAT IS IT SAYING? May 18th at 7:30 pm. Mark Whitney shares his inside knowledge of the car business for your benefit. He is knowledgeable on buying and selling, leasing, getting the best deal and finding

the perfect car for you. Please join us as Mark shares his wealth of information. You won't regret it!

HAS ALZHEIMER'S OR MEMORY LOSS TOUCHED SOMEONE YOU LOVE? - Wed., May 25th at 10:30 am - Come and learn about the National Clinical Drug Trials for mild to moderate memory impairment that are being offered at Springfield Neurology Research. Light refreshments will be served. ***Sign up is required due to limited seating***
Reservations* 413-587-1228

MYSTERY BOOK CLUB KICKOFF MEETING - Wed. May 18th at 7:00 pm. Anyone interested in being a part of this book club come meet the facilitator and talk about ideas. The club will meet the 3rd Wed. of the month.

COLORING FOR ADULTS - Each Wed. evening at 7:00 pm - Come and enjoy coloring with friends or meet new friends.

ELDER LAW ESSENTIALS - Thurs. May 19th at 10:00 am -

HOW TO LEARN PIANO: FREE INTRODUCTORY SESSION WITH JEFF OLMSTED - Thurs. May 19th at 1:00 pm - Can you learn to play a famous melody in five minutes? Learn about the Simply Music piano method. Find out about this unique teaching method during this free information session. Pre-registration requested. A low cost introductory class series will begin in June.

FINANCIAL EDUCATION WITH HELEN BLATZ - "OUTLOOKS & OPPORTUNITIES: PREPPING YOUR PORTFOLIO - Thurs. May 19th at 1:00 pm

OPEN HOUSE - Sun. May 22nd from 1:00 - 3:00 pm - Come meet the staff, view exhibits, tour the building, listen to entertainment at 1:30 with Traditional Irish Fiddle & Guitar with Kira Jewett & Dave Meuser and have some refreshments to celebrate Older American's Month

LAUGHTER YOGA with DENISE BARRY - Mon. May 23rd at 1:00 pm. Come and participate and try Yoga. Free for seniors with a scan card

COMPUTER CLASSES with Jose Bayron - Classes are \$3 for Northampton seniors and \$5 for non-resident seniors. Payment must accompany registration.

BASIC COMPUTER USE - Wed. May 4th or May 25th at 7:00 pm - Join us to learn more about computer basics. Pre-registration is required.

BASIC INTERNET USE - Wed. May 11th at 7:00 pm -

SAFEGUARDING YOURSELF ON THE INTERNET - Wed. May 18th at 7:00 pm

*** Indicates pre-registration required due to a minimum enrollment. Programs not meeting enrollment will be cancelled.**

Dates and Times of Programs and Presentations

Monday May 2		9:00	Beginning Digital Photography	8:45	Appts*
8:20	Dynamic Fitness DVD				Strength & Stretch
9:30	Low Impact 1	9:15	Veteran's Benefits Services	9:00	Benefits Counseling appts.
10:30	Creative Writing			10:00	Stretch & Tone
10:30	Low impact 2	9:30	Low Impact 1	10:00	Wisdom Project
11:00	Computer Tutor	10:30	Low impact 2	10:00	Walking Group
1:00	NeedleWorkshop	11:00	Intermediate/Advanced Digital Photography	10:00	Knitting Drop In
1:30	Meditation	11:30	Beginner/2 nd Year Tap	11:30	Mixed Level Tap
2:00	Conversational Spanish*	12:00	Low Vision - reservations required	12:30	Advanced Beginner Tap
2:45	Tai Chi	12:30	Cribbage	1:30	Intermediate Tap
Tuesday May 3		1:00	Zumba Gold	1:00	Mahjongg
VALLEY GIVES DAY online donations		1:00	SHINE- appts/ only	1:30	BINGO
8:45	Strength & Stretch	1:00	Scrabble	2:45	Tai Chi
9:30	Cup of Conversation	1:00	Timeless Tunes	Friday May 6	
10:00	PVTA Photo ID	1:30	NCOA Board Meeting	8:20	Dynamic Fitness DVD
10:00	Blood Pressure Clinic	2:45	Feldenkrais	9:00	Mother's Day Facials & Refreshments*
10:00	Caregiver Support Group*	2:45	Tai Chi	9:30	Low Impact 1
10:00	Stretch & Tone	7:00	Group Sing	10:30	Nutritional Outreach
10:00	Walking Group	7:00	Yoga	10:30	Low impact 2
12:30	Sewing Workshop	7:00	Basics of Computer Use*	12:00	Contract Bridge
1:00	Merchant of Venice - two	7:00	Coloring for Adults	1:00	Gentle Chair Yoga
1:00	Interfaith Help	Thursday May 5		1:00	Senior Gay Men's Drop-in Group
2:45	TeaTime Tuesdays	*Deadline to sign up for Ogunquit Trip*		1:00	Photo Club
Wednesday May 4		8:30	Computer One on One	2:45	Yoga
8:20	Dynamic Fitness DVD			2:45	Tai Chi
				Saturday May 7	
				9:00	Shred Day
				Monday May 9	
				8:20	Dynamic Fitness DVD
				9:30	Low Impact 1
				10:30	Creative Writing
				10:30	Low impact 2
				11:00	Computer Tutor
				1:00	NeedleWorkshop
				1:30	Meditation
				2:00	Conversational Spanish*
				2:45	Tai Chi
				Tuesday May 10	
				8:45	Strength & Stretch
				9:30	Cup of Conversation
				10:00	Caregiver Support Group*
				10:00	Stretch & Tone
				10:00	Walking Group
				12:30	Sewing Workshop
				1:00	Merchant of Venice*
				1:00	Interfaith Help
				2:45	TeaTime Tuesdays
				7:30	Artist Reception: Elaine Darr-Morton

Wednesday May 11

Games Room & Library Closed

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography
9:30 Low Impact 1
10:30 Low impact 2
11:00 Intermediate/Advanced Digital Photography
11:30 Beginner/2nd Year Tap
1:00 Zumba Gold
1:00 SHINE- appts. only
1:00 Scrabble
2:45 Feldenkrais
2:45 Tai Chi
7:00 Yoga
7:00 Basic Internet Use*
7:00 Coloring for Adults

Thursday May 12

10:00 Health & Safety Fair
All programs & activities are cancelled for today. Please join us for the fair!
10:00 Brown Bag at Walter Salvo House

Friday May 13

8:20 Dynamic Fitness DVD
9:00 Benefits Counseling with Deb Hollingworth - appts only
9:30 Low Impact 1
9:00 Haircuts at Smith Vocational & Agricultural High School*
10:30 Nutritional Outreach
10:30 Low impact 2
12:00 Contract Bridge
12:30 Visit from Dewey the Therapy Dog
1:00 Concert: Legendary Ladies of Song with Laurie Festa sponsored by Highview
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in Group
1:30 Chess
2:45 Yoga
2:45 Tai Chi

Monday May 16

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:00 Monday Movie: "Brooklyn"
1:30 Meditation
2:00 Conversational Spanish*
2:45 Tai Chi

Tuesday May 17

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
12:30 Sewing Workshop
1:00 Author of the Month: Peggy Winnett & "Silent's Teacher"
1:00 Interfaith Help
1:00 Merchant of Venice*
2:45 Tea Time Tuesdays
4:00 Disability Commission

Wednesday May 18

8:20 Dynamic Fitness DVD

9:30 Low Impact 1
9:30 Foot Care Clinic
10:00 Is Solar Right for You? Free Informational Session
10:30 Low impact 2
11:30 Beginner/2nd Year Tap
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- appts. only
1:00 Scrabble
1:00 Timeless Tunes
2:45 Feldenkrais
2:45 Tai Chi
7:00 Being Mortal: Documentary and Discussion
7:00 Yoga
7:00 Safeguarding Yourself on the Internet*
7:00 Coloring for Adults
7:00 Mystery Book Club
Kickoff Meeting
7:30 Is Your Car Talking to You? With Mark Whitney

Thursday May 19

8:30 Computer One on One Appts*
8:45 Strength & Stretch
9:00 Benefits Counseling appts.
10:00 Stretch & Tone
10:00 Elder Law Essentials – sponsored by Mass Bar Association
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Container Gardening*
1:00 How to Learn Piano: A Free Introductory Session with Jeff Olmsted*
1:00 Mahjongg
1:00 Financial Education with Helen Blatz, Outlooks & Opportunities: Prepping Your Portfolio
1:30 BINGO
2:45 Tai Chi

Friday May 20

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 Computer Security, Privacy & Well Being with Northampton Computer Repair*
10:30 Nutritional Outreach
10:30 Low impact 2
12:00 Contract Bridge
12:30 Visit from Dewey the Therapy Dog
1:00 Greeting Cards with CareOne of Northampton
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in Group
2:45 Yoga
2:45 Tai Chi

Sunday May 22

1:00 Open House
1:30 Concert: Traditional Irish Fiddle & Guitar with Kira Jewett & Dave Meuser

Monday May 23

Deadline to sign up for FDR trip

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:30 Creative Writing
10:30 Low impact 2
11:00 Computer Tutor
1:00 NeedleWorkshop
1:00 Laughter Yoga with Denise Barry
1:30 Meditation
2:00 Conversational Spanish*
2:45 Tai Chi

Tuesday May 24

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
12:30 Sewing Workshop
1:00 The Merchant of Venice* Final Session
Interfaith Help
2:45 Tea Time Tuesdays

Wednesday May 25

8:20 Dynamic Fitness DVD
9:00 Beginning Digital Photography Class
9:30 Low Impact 1
10:30 Low impact 2
10:30 Has Alzheimer's or Memory Loss Touched Someone You Love?
11:00 Intermediate/Advanced Digital Photography Class
11:30 Beginner/2nd Year Tap
12:30 Cribbage
1:00 Zumba Gold
1:00 SHINE- appts. only
1:00 Scrabble
1:00 Timeless Tunes @ Rockridge
2:45 Feldenkrais
2:45 Tai Chi
7:00 Yoga
7:00 Basic Computer Use*
7:00 Coloring for Adults

Thursday May 26

8:30 Computer One on One Appts*
8:45 Strength & Stretch
9:00 Benefits Counseling appts.
10:00 Stretch & Tone
10:00 Wisdom Project
10:00 Walking Group
10:00 Knitting Drop In
11:30 Mixed Level Tap
12:30 Advanced Beginner Tap
1:30 Intermediate Tap
1:00 Mahjongg
1:30 BINGO
2:45 Tai Chi

Friday May 27

8:20 Dynamic Fitness DVD
9:30 Low Impact 1
10:00 SNAP – by appt. only
10:30 Low impact 2
12:00 Contract Bridge
12:30 Visit from Dewey the Therapy Dog
1:00 Gentle Chair Yoga
1:00 Senior Gay Men's Drop-in Group
1:00 Chess
2:45 Yoga
2:45 Tai Chi

Monday May 30

Closed for Memorial Day

Tuesday May 31

8:45 Strength & Stretch
9:30 Cup of Conversation
10:00 Caregiver Support Group*
10:00 Stretch & Tone
10:00 Walking Group
12:30 Sewing Workshop
1:00 Interfaith Help
2:45 Tea Time Tuesdays

See you at the Senior Center..

Below are some of the upcoming opportunities at the Senior Center. Scan cards are required to participate. Sign up for one today if you don't have one. Call 413-587-1228 with questions
Group Sing – Wed., June 1 at 7:00 pm – Everyone is welcome! Singers or non-singers. Join in for the fun.

Photography Club – Fri., June 3 at 1:00 pm – Monthly meeting on the first Friday of the month. Small fee to join.

Walk One Mile – Tues., June 7 at 9:00 am – Join us for a one mile walk around the area. More details to follow

Author of the Month for June – Carin Clevidence – Tues. June 7 at 1:30 pm – Meet Carin and enjoy a reading and discussion.

Birthday Celebration for Adults 90 and Up – Tues., June 21 from 11:30 am – 1:30 pm – Seniors age 90 and older celebrate with a lunch and birthday cake. More details to follow

Blood Drive – Wed., June 22 from 10:00 am – 3:00 pm at WWII Club – The Senior Center is sponsoring a blood drive. Come join us and donate blood.

Deadline to sign up for Lighthouse Cruise – Thurs. June 23 – Last chance to pay and/or sign up for this wonderful trip.

The Mass General Cancer Center at Cooley Dickinson Hospital - Fri., June 24, 2016 -1:00pm

Please join us in welcoming Dr. Barrett Newsome one of the Physicians from the Mass General Cancer center at Cooley Dickinson Hospital for an informational session. The lecture is free and open to all .Seating is limited; registration is required.